ESSAY

SEVEN RULES FOR LIFE

YOUR BLUEPRINT TO HOLISTIC WELL-BEING

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INTRODUCTION

What happens when life doesn't unfold the way we planned? Many people experience fulfilling, fruitful lives, while others struggle with their well-being, leading to emotional distress and psychological fragmentation. Those who understand the principles of holistic well-being navigate life's realities more effectively. However, those who are unaware of these fundamental truths often find it difficult to gain their footing.

I recall a woman with a radiant smile and sparkling eyes, whose academic achievements shone like stars in the night sky. Her dreams of higher education burned bright, but after applying to her desired institution, the University of Iowa, she faced consecutive denials. Despite her exemplary record, her parents' relentless five-year efforts couldn't secure her admission. This left her bitter and frustrated. Eventually, she had to leave home and shift her focus from educational goals to vocational ones.

In response to such stories of emotional upheaval, this essay seeks to provide psychological support for those struggling to grasp the dynamics of holistic well-being. It explores seven essential rules for cultivating a healthier and more balanced life: letting go of entitlement, guarding your boundaries, avoiding toxic influences, embracing honesty, listening actively, caring for yourself, and choosing your responses wisely.

LET GO OF ENTITLEMENT

Letting go of entitlement involves releasing the expectation that others must fulfill their commitments to you. This mindset often leads to frustration and bitterness. For instance, I've observed situations where friends

invite acquaintances to weddings or other events, and when these guests fail to attend, some individuals grow bitter, saying things like, “You didn’t attend my ceremony.” Some even hold grudges because others didn’t come to their wedding or contribute to their events. This behavior stems from a false sense of entitlement, which can lead to irrational bitterness.

Consider the case of a man in our neighborhood who once walked to my house, utterly bitter because his brother had promised to send him money from abroad to renovate his house. When his brother couldn’t meet the promise, the man became agitated and distanced himself. After years of trying to reconnect, his brother wanted to make amends, but the opportunity was lost. Often, people’s inability to fulfill their promises has more to do with their personal circumstances than with any intention to harm. Becoming angry over unfulfilled commitments can lead to unhealthy thoughts and resentment – while the other person may be completely unaware or unaffected.

Therefore, to overcome feelings of entitlement, it’s essential to recognize that others have their own struggles and reasons for their actions – reasons we may never fully understand. This is especially important when considering close relationships. Letting go of entitlement means releasing the false belief that our loved ones owe us something simply because of their role in our lives.

For instance, imagine a university student whose father promised to send money over the weekend. When the money doesn’t arrive, it’s easy to become angry or feel betrayed. But promises that aren’t directly tied to someone’s obligations – such as wages or contracts – should not be met with fury or demands for apologies. I’ve encountered many college students who harshly criticize their parents for not fulfilling promises, accusing them of

failure and questioning their worth as parents. But parents don't owe us everything. When a parent provides for the family, it should be seen as a generous act – a privilege, not a right. Viewing it this way helps reduce the anxiety and disappointment that often come from entitlement. Statements like "You're my father, you must give me the money you promised" reflect a misunderstanding of love, responsibility, and grace.

Beyond financial expectation, some people seem to derive satisfaction from offending their friends, often by intentionally hurting their feelings. When this happens, the offended individual naturally expects an apology. However, when that apology never comes, they are left feeling frustrated, while the offender remains indifferent to their pain. In such situations, letting go of the sense of entitlement to an apology can be emotionally liberating. Through releasing this expectation, individuals can shield themselves from unnecessary stress and anxiety caused by people who show little regard for their emotions.

Admittedly, for those who find it difficult to let go of this sense of entitlement, confrontation may appear to be a solution. While it can sometimes lead to healing – eliciting humility and a sincere apology – it carries risk. The outcome is unpredictable: there is roughly a 50-50 chance that the confrontation will either resolve the issue or make things worse. If the offender responds defensively or denies wrongdoing, the emotional pain may intensify. As such, releasing the expectation of an apology can often be the wiser choice, allowing one to maintain emotional peace and avoid deepening relational wounds.

This principle also applies in the context of family, particularly between parents and their adult children. Many parents, especially in cultures

where inter-generational support is expected, assume that their children will provide financial care in old age. The sentiment is often: “I raised you, so now you must support me.” However, when adult children are still financially struggling themselves, they may be unable to meet those expectations. Parents who hold tightly to this sense of entitlement often end up frustrated and disappointed, even if their children are doing the best they can. This is not to say that children should neglect their aging parents. Rather, both sides benefit when expectations are tempered with understanding. When parents recognize their children’s limitations and let go of rigid expectations, the potential for conflict diminishes. As we relinquish entitlement, relationships can be preserved, and emotional strain reduced.

Furthermore, the idea of entitlement goes beyond the boundaries of career assistance or job placement. If someone helps you secure a job based on a clear, explicit agreement – for example, that you will provide financial assistance or some other benefit in return – then a binding obligation exists. Failing to honor that agreement could carry legal consequences because it violates a formal or informal contract. However, if you help someone out of goodwill, without any mutually agreed-upon terms, they are not obligated to compensate you. Attempting to guilt-trip them into providing financial support by saying things like, *“I gave you the job, so you must help me,”* is not only unfair – it’s manipulative. That’s not reciprocity; it’s coercion through guilt.

In such cases, even if manipulation brings short-term gains, it breeds resentment. Over time, people grow weary of being emotionally blackmailed. Eventually, they distance themselves, leaving the manipulator feeling frustrated and abandoned. The takeaway is this: Do not mistake acts of

goodwill for transactions. If there was no explicit agreement, there is no entitlement. Free yourself from the illusion that others owe you something simply because you helped them. True generosity does not demand repayment, and healthy relationships are built on mutual respect – not manipulation.

Ultimately, letting go of entitlement – whether in friendships or family – can serve as a powerful tool for emotional resilience. It allows individuals to respond to disappointment with grace rather than resentment, protecting their mental well-being and preserving their relationships from unnecessary damage. Through releasing the weight of entitlement, we can cultivate healthier relationships and improve our emotional well-being. It's also important to understand that someone failing to meet a promise doesn't necessarily mean they are a negative influence. This balanced view allows us to approach relationships with more empathy and realism, leading us to the next crucial rule: being cautious of those who have walked out.

Being Cautious of Those Who Once Walked Away

Approach with care those who once chose to leave your life. Prioritize self-respect and uphold healthy boundaries. When someone returns after walking away – often because the "grass wasn't greener" elsewhere – it can signal a cycle that's likely to repeat. Many people make the mistake of welcoming such individuals back simply because they came back. But returning doesn't necessarily mean change. If they left once, they can leave again.

True friendship and love do not abandon you in times of need. If someone only shows up when it's convenient for them, and you accept them

back without caution, you open yourself to repeated pain. Recognizing this is not bitterness; it's wisdom. Boundaries are not signs of unforgiveness – they're evidence of healing. You can forgive someone fully and still choose not to give them the same access to your heart again.

For instance, a practical example of this principle can be seen in the public lives of Nigerian music artist 2Face Idibia and his wife, Annie Macaulay-Idibia. After enduring a turbulent relationship marked by separations and reconciliations, Annie chose to take him back. But in 2025, 2Face ended the marriage and became engaged to another woman, Natasha Osawaru. This isn't merely a story of betrayal – it's a lesson in the cost of ignoring past behavior. It reveals a hard truth: someone returning doesn't guarantee their commitment or growth. Too often, people find themselves stuck in cycles of heartbreak – not just because of what others did, but because of what *they* allowed. It's tempting to focus on who hurt us, but responsibility asks deeper questions: *Why did I tolerate that? Why did I excuse the red flags? Why did I keep the door open to someone who had already shown me who they were?*

Furthermore, responsibility means shifting the focus from what others did wrong to what you allowed to continue. When you constantly see yourself as a victim, you hand over your power. You may even confuse endurance with loyalty, tolerating mistreatment in the name of love. But true growth begins when you stop asking, *"Why did they do this to me?"* and start asking, *"Why did I stay?"*

Responsibility has two core dimensions:

1. **Relational Responsibility**

   This means exercising discernment in who we trust, setting

boundaries, and making wise choices. Forgiveness doesn't always require reconnection. You can wish someone well and still choose to protect your peace. Love should never cost you your dignity or emotional safety.

2. **Personal Stewardship**

   This involves managing your life and opportunities with care. A person may waste a million-dollar grant through irresponsibility, while someone else with just a thousand dollars may create lasting impact. The difference isn't in the amount – it's in the mindset. Responsibility multiplies potential.

In summary, responsibility is the turning point between repeated pain and meaningful change. It's the shift from replaying old patterns to writing a new narrative. You are not helpless. You are not destined to be hurt over and over. But you *must make the most of the life you've been entrusted with*, working within your boundaries, and creating a bright your future.

Forgiveness doesn't mean foolishness. For instance, if a friend borrows money and misuses it, you may forgive them, but wisdom says not to lend again without change. Accepting someone back blindly after they've hurt you isn't kindness- it's self-neglect. And when people are easily angered, they're easily manipulated – a dangerous state for anyone seeking emotional stability. Science even backs this up: just one minute of anger can weaken your immune system for up to five hours. Emotionally, physically, and spiritually – it takes a toll. Embrace responsibility, gain purpose.

To stay balanced, practice forgiveness and self-control while setting firm boundaries to guard your heart. Pay close attention to behavioral patterns,

especially when someone changes temporarily due to external pressure. If a person alters their behavior out of fear of losing you, they may stop a negative habit – temporarily. But once they feel secure again, they are likely to revert to their old ways. Be especially cautious with those who once walked away. Their willingness to leave shows they were ready to let go. Even if they return, it's important to discern whether their motives are rooted in genuine transformation or mere convenience.

A return is not always a sign of true change – it may simply reflect a desire to return to familiar comfort, without the intention to grow. Avoid trying to change someone unless they've personally recognized the need for change. Genuine transformation happens only when individuals acknowledge their own need to grow. If you pressure them to change, they're left with two choices: change or risk losing the relationship. Often, they may adjust their behavior just enough to maintain the connection – only to slip back into old habits once they feel safe again.

To illustrate this, a woman was in love with a drunkard, but before the marriage, she told him that if he wanted to marry her – he must stop drinking. After their conversion, he temporary obliged, and stopped. However, after the marriage, he went back to his old bad behaviors, started drinking again, and began beating her.

Additionally, research shows that couples are generally more agreeable in the early years of marriage, but over time, old habits tend to resurface. This highlights a common reality: people often revert to familiar patterns, moving from the harmony of early love to the behaviors they're most used to. Instead of trying to force change, aim to help others understand the deeper reasons for transformation. For example, if someone struggles with

smoking and realizes its harmful effects – like accelerated aging and health deterioration – they are more likely to change for their own well-being, not just to preserve a relationship.

In all relationships, it is consistency in forgiveness and self-control that sustains love – not repeated chances or superficial change. A forgiving heart lets go of yesterday's pain, but a wise heart protects the future through setting firm boundaries and encouraging genuine growth.

DISTANCE YOURSELF FROM PERSISTENT NEGATIVITY

Avoid those who carry negativity, protecting your mental and emotional well-being. The concept of energetic influence suggests that humans are affected by their surroundings, much like electromagnetic fields. For example, being in a room full of mourning individuals can evoke feelings of sadness, while being around joyful people can uplift your mood.

A notable story illustrates this: in 1939, a student at Berkeley named George Dantzig once arrived late to a lecture and missed hearing Neyman mention that the two statistics problems written on the board were considered "unsolvable." Believing they were a homework assignment, the student copied the problems and, with persistence, managed to solve them, which eventually earned him his PhD. If Dantzig had come earlier to class, he would have heard Neyman say that these statistic problems were unsolvable, and he would have been convinced that its implausible, and he wouldn't have tackled the mathematical problem that led to his PhD. This example shows the power of positive thinking and the freedom that comes from not being weighed down by negative assumptions.

Furthermore, it's essential to avoid negativity because negative

thoughts can easily become self-fulfilling prophecies. When you declare something impossible, your mindset may comply, making success far more difficult. This phenomenon is often seen in children who struggle with math simply because older siblings or adults around them have voiced discouraging experiences. There is a difference between acknowledging life's uncertainties and engaging in persistent negativity. Recognizing that anything can happen to your business is not the same as declaring, *"My business will not flourish."* One is an honest acceptance of life's unpredictability, while the other is a harmful, negative pronouncement. Persistent negativity undermines your potential, while realistic awareness prepares you for challenges without sabotaging your goals.

To deepen this point, consider the fable of the frog and the scorpion. A scorpion once asked a frog at the riverbank, "Carry me across to the other side." The frog hesitated. "You have a sting. If you bite me, we'll both drown." The scorpion reassured him, "Why would I harm myself? I promise I won't sting." Torn between trust and caution, the frog agreed. But halfway across, the scorpion stung him. As the venom spread, the frog gasped, "Why did you do this? Now we'll both die!" The scorpion replied, "I couldn't help it; it's my nature." Both perished in the water. This story teaches us to be cautious with individuals whose inherent negative tendencies can harm not only themselves but also those around them.

Ultimately, when you surround yourself with positivity and keep your distance from persistent negativity and people who exhibits bad habits, you spontaneously create an environment that fosters personal growth, resilience, and well-being.

If You Can't Speak the Truth Then Avoid Situations That Compel You

to Lie

In addition to avoiding negativity, another key to well-being is valuing honesty and integrity in all your relationships. While there are moments when telling the truth might feel uncomfortable or even hurtful, compromising your integrity can cause deeper harm in the long run. Some people avoid honesty to spare feelings, but repeated avoidance often leads to patterns of deception.

If you anticipate that a situation will corner you into lying – whether to protect someone's feelings or to shield yourself – it is wiser to avoid such situations altogether. As you step back, you preserve both the truthfulness and your peace of mind. Consider the workplace: if a colleague asks you to cover for them while they skip an important meeting, you might feel pressure to lie. Over time, small lies like these create an image of unreliability, both for you and for the person you're covering for.

Even in family settings, situations arise where relatives may pressure you to hide truths – like financial struggles, relationship issues, or health concerns. While it may seem easier to lie for temporary peace, the long-term damage to trust can be far more painful when the truth eventually surfaces. If you can't speak the truth to your friends because you don't want to hurt them, then the only alternative to avoid such tight spots is to avoid situations that require you to comment on things like their dress, appearance, or similar matters. When you fail to avoid these tight spots, the temptation to lie increases, and one falsehood can unravel trust that took years to build.

In truth, it's not honesty that ruins relationships, but dishonesty and the slow erosion of integrity. In choosing honesty and steering clear of compromising scenarios, you safeguard the foundation of genuine and lasting

connections.

LISTEN WITHOUT INTERRUPTING; ASSUME THEY KNOW SOMETHING YOU DON'T

Practice active listening to deepen connections and foster empathy. In our noisy world, true listening is rare but powerful. When you listen fully – without preparing your rebuttal or interrupting – you create space for genuine understanding. For example, in conflict resolution, people who feel heard are more willing to find common ground. Leaders who listen often gain insights they would have missed by dominating the conversation. The philosopher Epictetus once said, "*We have two ears and one mouth so that we can listen twice as much as we speak."*

In daily life, assuming others know something you don't humbles you and opens you to learning – whether it's a child's innocent observation or a stranger's unique story. It is tempting in conversation to assume you already know what the other person is saying, causing you to miss the deeper insights in their words. You might dismiss them too quickly without truly hearing everything they have to share. To genuinely appreciate people, always assume they know something you do not – even if it's within your area of expertise. When assuming someone knows what you don't, you increase the *uncertainty* in the interaction – creating conditions ripe for learning. This mindset fosters a productive dialogue because it positions you as a receptive listener, open to receiving new and potentially surprising information.

In Claude Shannon's Information Theory, the value of a message depends on its unpredictability. If an outcome is predictable (e.g., "I am going home" when it's routine), it carries little information – low entropy. But if a message is unexpected, it has higher entropy and thus more informational

content. Translating this to human communication: when you approach a conversation assuming the other person *might say something you didn't expect* – something you didn't already know – you maximize the possibility of receiving valuable insight. Active listening, then, becomes a method of managing and embracing informational entropy. The greater the openness to uncertainty, the greater the potential for learning.

The more you read and learn, the more you realize how much you don't know. This humility, when extended to your daily dialogues with friends, family, and acquaintances, transforms every conversation into an opportunity for growth. Listening well builds bridges where arguments would build walls.

Ensure Your BED-SHEETS Are Clean Before Trying to Wash Someone Else's

In life, it's easy to become so focused on helping others that we neglect our own well-being. Whether it's emotionally, physically, or spiritually, self-care is not just a luxury – it's a necessity. Prioritizing our own needs allows us to be more effective in our efforts to support others. Just as you wouldn't invite guests into a messy home, you shouldn't attempt to help someone else while neglecting your own health and stability. If we are not well, we are not able to offer our best to those in need.

For example, parents who ignore their own stress may unintentionally take out their frustrations on their children. This kind of reaction can pass emotional burdens onto others, especially the very people we aim to protect. Caregivers who overlook their own need for rest, nourishment, or personal time are at risk of burnout. When burnout sets in, their ability to care for others diminishes, and they may end up feeling resentful or disconnected. The

cycle of neglecting one's own needs can lead to a lack of energy, compassion, and patience, undermining the very support that others rely on.

This concept extends beyond family or care giving roles. In spiritual or mentoring contexts, self-awareness and self-examination are crucial. It's easy to point out the faults of others or attempt to correct their behavior, but the first step is always to look inward. Before addressing someone else's issues, ask yourself if you have addressed similar struggles in your own life.

The wisdom of Jesus' words in Matthew 7:5 reminds us of the importance of self-reflection: "First take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." This principle emphasizes the need for humility and self-awareness before attempting to guide others. Only when we recognize our own imperfections can we approach others with genuine compassion and clarity.

Consider the analogy often given by flight attendants: "Put on your own oxygen mask before helping others." This simple instruction carries profound wisdom. In the event of an emergency, you are no good to anyone if you are unable to breathe. Similarly, you can only truly support others when you are mentally stable, emotionally whole, and physically energized. If you fail to care for yourself first, you risk becoming depleted, ineffective, and even harmful to those you're trying to help. Washing your own bedsheets before attempting to wash someone else's illustrates a powerful principle: you cannot give what you don't have.

Imagine someone in financial need whose only hope is your support. If you are also struggling and helpless, your attempt to help may only leave both of you in deeper need. To support someone lying sick in a hospital bed and in need of financial assistance, you must first possess the necessary

resources. Otherwise, you risk becoming delusional—trying to give from a place of lack. This doesn't imply not to sacrifice for your loved ones who are in need. People often sacrifice for their friends, family, and colleagues. Here what this principle implies is – having something in your possession regardless of the amount, not giving out of lack.

Psychologically, this principle is grounded in real human experience. Maslow's hierarchy of needs tells us that if a person's basic needs – like safety, food, and emotional security – are not met, it becomes difficult to offer love, help, or service to others. You can't pour from an empty cup. Giving from a place of lack often leads to frustration and even burnout. Sacrifices should come from a grounded heart, not from pressure or fear of letting others down. The saying "You cannot give what you don't have" speaks to a fundamental truth: when you take care of yourself first, others around you are more likely to benefit.

Consider being in a relationship with someone who doesn't even trust himself – it would be nearly impossible for him to genuinely trust another. A relationship without trust is like a car speeding down the highway at 89 miles per hour with no destination – it's fast, but ultimately headed nowhere.

Emotional intelligence also plays a role here. When you are self-aware and emotionally stable, you're better able to love, help, and relate to others meaningfully. So, in life, in relationships, in service, and in generosity, take the time to wash your own bed-sheets first. That way, when you help others, it's not from a place of pressure or pretense – but from truth, strength, and readiness.

As we invent time to care for your own heart, mind, and body, you create a strong foundation of well-being that enables you to serve others from

a place of strength rather than scarcity. Self-care isn't selfish – it's an essential part of being able to give our best to the world. When you take the time to replenish yourself, whether through rest, reflection, or self-compassion, you become a healthier, more stable source of support for those around you. True service begins from a place of self-respect and self-awareness, and when you are well, you can offer the best version of yourself to others.

It's essential to recognize that caring for ourselves isn't a one-time event but an ongoing process. Just as bed-sheets require regular washing to remain fresh, our emotional, physical, and spiritual health requires regular attention. This doesn't mean being self-absorbed but rather maintaining a balance where our own well-being is nourished so that we can extend that same care to others.

When we ensure our own "bed-sheets" are clean, we create a positive ripple effect in the lives of those around us, offering support and love from a place of fullness, not depletion. Before criticizing someone else's dirty bedsheet or offering to wash it, make sure your own is clean.

Choose Your Responses Wisely

Recognizing that emotions don't dictate your actions but that your responses do is a cornerstone of emotional intelligence. Life presents us with countless emotional triggers – anger, frustration, fear, excitement, sadness – and how we respond in these moments determines much about our emotional and psychological well-being. While emotions are valid and natural, they are not the masters of our decisions; our reactions are. We have the power to choose how to respond, and in this choice lies our potential for personal growth.

Consider a heated argument. In the rush of emotion, it's easy to lash

out with words that may be harmful or regrettable. But when you take a deep breath and pause before responding, we create a space between the stimulus (the provocation) and our response. In that moment of pause, we gain clarity and control. This pause doesn't mean suppressing our emotions – it simply allows us to choose how to express them. Instead of reacting impulsively, we can speak with more intention, reducing the likelihood of conflict escalating unnecessarily.

This principle extends beyond disagreements; it applies to every moment where emotional responses could dominate our actions. This is where the mental discipline of athletes comes into play. Champions are not just defined by their physical prowess but by their ability to remain calm and composed under pressure. Whether it's in the heat of a competition, a critical moment in a game, or navigating a challenging life event, it is the mental clarity and control over emotional impulses that distinguishes the exceptional from the ordinary. Just like athletes train their bodies, we too must train our minds to remain poised in the face of challenges.

Early Sunday morning, a man came to report the sudden demise of his wife to her father. The husband lamented in tears, full of regret for striking his wife on the jaw – a blow that ultimately led to her death. He narrated how a misunderstanding over financial obligations had torn them apart. Their only child had been diagnosed with a strange illness. After several failed attempts by doctors to identify it, a surgeon was finally brought in. He asked the child's mother to provide money for surgery.

Reluctantly, she told them that her husband usually took loans from her and failed to repay. Because of this mistrust, she requested that the surgery be postponed until her husband returned. But by then, the child had

passed away. When the husband arrived and was told what happened, overwhelmed with rage and grief, he strikes his wife by the jaw in a heated argument, resulting to her fall in fury – and she died too. Now, he is left with no child and no wife.

This tragic event could have been prevented. With a better understanding of the space between stimulus and response, the moment of pause could have helped reduce the casualties. That space – small as it may seem – is where self-control is born. It is where understanding overrides reaction. In that space lies our power to choose a different path. Without it, we become slaves to impulse, and sometimes the cost of a single moment of uncontrolled emotion is irreversible.

The concept of choosing our responses wisely is powerfully encapsulated by Viktor Frankl, a Holocaust survivor and psychiatrist, who said, “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” This insight highlights a profound truth: the space between an external event and our reaction is where we have control. It is here that we can choose to grow, to rise above our circumstances, and to transform our emotional responses into constructive actions. In this space, we find not only self-mastery but also the freedom to define who we are in any given situation.

In practical terms, choosing your responses intentionally means learning how to defuse conflicts, manage stress, and build resilience. It is the difference between reacting impulsively and responding thoughtfully. Impulsive reactions, often driven by unchecked emotions, can lead to regret, damage relationships, and even jeopardize opportunities. Thoughtful responses, on the other hand, create an opportunity for deeper understanding,

better decision-making, and more positive outcomes.

This skill doesn't come naturally to everyone – it requires conscious effort and consistent practice. By making it a habit to pause before reacting, we start to create healthier patterns of behavior. Over time, this practice strengthens our emotional intelligence, builds resilience, and fosters inner peace.

The more we embrace this discipline, the more control we gain over our lives. Rather than letting external circumstances dictate our emotional state or course of action, we gain the power to shape our day, our interactions, and, ultimately, our destiny.

In every moment, we are presented with a choice: to react or to respond. Reacting can often be impulsive, emotionally driven, and fleeting. Responding, however, is intentional, thought-out, and can lead to long-term growth.

The key to emotional maturity is mastering that space between stimulus and response, where we exercise our power to choose wisely. In doing so, we not only protect our emotional well-being but also create the foundation for a life of stability, resilience, and purposeful action.

Patience as a Fundamental Substance for Holistic Well-Being: *A Brief Voyage Beyond the Seven Rules for Life*

In 2005, the cry of a newborn boy echoed through the home of a couple in New Jersey. He was a handsome little child, born around 10 a.m. Seven years later, during his elementary school years, he began to struggle academically. Unlike his peers, he was not performing well. His mother, overwhelmed with frustration, spoke many discouraging words to him. At one

point, she even asked his younger sibling to teach him the English alphabet.

However, despite several attempts, he showed little improvement. His mother continued to express her disappointment, often cursing him in anger. Nevertheless, he managed to finish high school. Upon entering college, through several attempts at self-taught learning, he experienced a paradigm shift – transforming from a struggling student into one of the top performers. Eventually, he was admitted to an Ivy League university.

Parents need to learn to be patient with their children, especially when they struggle academically at an early age. Patience gives children the space and encouragement they need to discover their true potential. In parenting, if you want to like your children in the future, do not try to become their friend when they are still kids. Instead, become their friend as they transition into young adulthood. This does not mean adopting a harsh or overly strict style of parenting – after all, strict parents often raise skilled liars. Rather, it means setting healthy boundaries with your child and not permitting behaviors that you know you would eventually resent. Patience is essential in parenting and in everyday life.

There was once a young woman who had just graduated with a degree in Industrial Chemistry. Full of hope and ambition, she began applying for jobs, confident that her education would open the doors to a better future. But weeks passed, then months, and every application was met with silence or rejection.

One day, she applied to a company she deeply admired. She waited, clinging to the hope that this time would be different. But again, no response came. Discouraged and overwhelmed by financial pressure, she gave up. In desperation, she turned to sex work as a means of survival. Along the way,

she contracted HIV/AIDS. Refusing to take her medication, either from shame, denial, or despair, her health declined. After a long and painful struggle, she died. Three days after her burial, her employment letter arrived – she had been offered the job she had long hoped for.

The moral lesson of this story is that patience is imperative in reaching long-term goals. Patience, rightly viewed, possesses not only the profound truth about enduring through hardship but also the timeless wisdom that waiting often aligns us with a higher purpose. In patience, we not only reach our goals – we draw closer to understanding the heart of a supreme being who works beyond our timelines.

Consider the story of Colonel Harland Sanders, the founder of Kentucky Fried Chicken (KFC). He had a rough start in life and worked a variety of jobs – from steam engine stoker to insurance salesman – before he ever made a name for himself. At the age of 65, when most people retire, Sanders found himself nearly broke and living off Social Security checks. With nothing but a chicken recipe and a dream, he began traveling from restaurant to restaurant across the U.S., trying to sell his fried chicken recipe. Legend has it that he was rejected over *1,000 times* before someone finally agreed to give him a chance. His perseverance and patience in the face of relentless rejection eventually paid off – KFC grew into a global fast-food empire, and Sanders became a symbol of late-in-life success.

Likewise, J.K. Rowling, the renowned author of the *Harry Potter* series, faced tremendous obstacles before her literary breakthrough. In the early 1990s, Rowling was a single mother living in Edinburgh, Scotland, struggling with depression and financial hardship. She wrote much of the first *Harry Potter* book in cafés while her infant daughter slept beside her. When

she finished the manuscript, she submitted it to multiple publishers – and was *rejected by 12 different publishing houses*. Many said the book was too long, too complex, or that children's books simply didn't sell well. But Rowling didn't give up.

Eventually, a small publisher, Bloomsbury, took a chance on her manuscript – and even then, they advised her to get a day job because they didn't expect the book to sell well. Fast forward to today, Rowling's *Harry Potter* series has sold over *500 million copies* worldwide, been translated into over *80 languages*, and adapted into one of the most successful film franchises in history. Both Sanders and Rowling are profound examples of how patience, combined with perseverance, can yield extraordinary outcomes.

Their stories remind us that delay is not denial, and that greatness often emerges from seasons of waiting and persistence. So, when you're yet to "make it," do not worry. Being patient with yourself doesn't mean being lazy. Show yourself some grace. Keep moving forward. Your breakthrough may be just around the corner.

Conclusion

In conclusion, the journey toward lasting well-being is rooted in embracing fundamental principles that guide us toward healthier, more fulfilling lives. In letting go of entitlement, setting healthy boundaries, distancing ourselves from negativity, practicing honesty, prioritizing self-care, and choosing our responses, we can create a life that thrives on emotional and psychological balance. The choices we make in response to life's challenges

ultimately shape our journey, and the power lies in recognizing that we control those responses.

Through upholding these seven transformative rules, we not only cultivate a resilient mindset but also foster stronger relationships, deeper self-awareness, and a life filled with purpose. In a world that constantly shifts and challenges us, choosing to live with intention and wisdom becomes not just a path to well-being, but a blueprint for a life of enduring peace and fulfillment.